



KEY WORDS

- ✓ ChatGPT
- ✓ Artificial Intelligence
- ✓ Diet
- ✓ Nutritional Treatment
- ✓ Obesity

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USE OF CHATGPT FOR WEIGHT MANAGEMENT: EVALUATION OF RELIABILITY AND QUALITY OF NUTRITIONAL ADVICE

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THESIS ABSTRACT

This study aimed to evaluate the reliability of diets generated by ChatGPT for weight loss and their alignment with current nutritional guidelines. Based on analyses of diet recommendations obtained from different clinical scenarios, the results showed that most diets provided low energy intake, did not fully comply with recommended macronutrient distributions, and were insufficient in dietary fiber. In addition, limitations were identified in terms of cultural appropriateness and individualization. Overall, while ChatGPT may serve as a supportive tool in the field of nutrition, it should not be used as a stand-alone resource in clinical practice without professional supervision.

APPLICATION AREAS OF THE THESIS RESULTS

The findings obtained from this study may contribute to the literature by helping to define the clinical reliability boundaries of AI-based nutrition algorithms in digital health applications, as well as by informing the evaluation of these tools in weight management processes in terms of adherence to current guidelines, energy balance, and cultural applicability.

ACADEMIC ACTIVITIES

- Yeşildemir, Ö., Dübüş, E. N., ve Güner, H. (2025). Üniversite Öğrencilerinde Bireysel Su Ayak İzi ve Diyet Kalitesi Arasındaki İlişkinin İncelenmesi. Beslenme ve Diyet Dergisi, 53(4), 354-364.
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